

Mental Conditioning

To survive a confrontation you must gain the advantage.

The officer is already behind the power curve. You must be mentally alert and have a strong survival attitude.

In order to maintain a good survival attitude you must constantly:

1. Upgrade your training.
2. Practice shooting skills
3. Implement a physical fitness program.

Anticipation of danger

Your level of physical and mental conditioning will determine your ability to:

1. Operate at the proper level of awareness.
2. Anticipate danger.
3. Transition to a higher state of awareness.

The Power Curve

Col. Jeff Copper

In any one situation, you will be at several levels of alertness.

White Yellow Orange Red

White

You are oblivious to what is around you preoccupied assuming there is no possibility of trouble.

Yellow

Relaxed but alert, cautious but not tense, you are aware of what is around you-360 degree security. You are not expecting a specific hostile act, but you are aware that aggression is possible. Your alertness is a preliminary step to action.

Orange

State of alarm, you know there is trouble; you're mentally alert. Continue to tactically attempt to resolve the situation, calling for backup, utilizing cover and identifying suspects and drawing your weapon if needed.

Red

Reaction is mandatory you see the threat and react to the threat. This is what you have trained for. You are mentally and physically capable of controlling your destiny.

DEVELOP EFFECTIVE TACTICS:

Gain the advantage, do the unexpected, do the nontraditional (be creative)

If you feel that your life or the lives of others are in danger, draw your weapon to the low ready and be prepared to escalate.

You cannot miss fast enough to win

MIND SET

DO NOT THINK THAT IT WON'T HAPPEN TO YOU

IN ORDER TO SURVIVE A DEADLY FORCE CONFRONTATION YOU MUST GAIN THE ADVANTAGE. BY BEING PREPARED, MENTALLY, PHYSICALLY,

PREPARATION RELIEVES ANXIETY

CONFIDENCE IN ABILITIES AND EQUIPMENT

POSSE QUESTIONS UPON YOUR SELF

KNOW POLICIES AND PROCEDURES

YOU WILL REVERT BACK TO YOUR TRAINING

PAY ATTENTION TO FINE DETAILS PERFECT PRACTICE/MAKES PERFECT

ONLY ONE YOU CAN COUNT ON IS YOUR SELF

CONTROL YOUR EMOTIONS.

WHAT HAS TO HAPPEN IN ORDER FOR YOU TO MAKE A GOOD SHOOT?

If you are prepared you can and will survive.